

Simple Explanation of Court Play and Scoring

For those of you who have never played badminton before, here are a few pointers which will clarify, in a simple way, the official rules and regulations.

(1) When you walk on the court the first thing to do is to spin a racket, or toss a coin. In spinning a racket player chooses rough or smooth side. The winner has the option of selecting *one only* of the following choices:

(a) serving first or (b) not serving first or (c) choosing side of court. The side losing the toss shall then have choice of alternatives remaining.

(2) In Women's Singles games, the winner is the first to reach 11 points. In Men's Singles and all Doubles games the winner is the first side reaching 15 points. For explanation of scoring in case of ties see rules section.

(3) The Serve must be an underhand serve; that is, the shuttle at time of service delivery must not be struck above the waist. All other shots can be played in the regular way with the shuttle being struck above or below the waist.

(4) The player serving first serves from the right court to the service court diagonally opposite and if serve is won the server moves to the left court and serves to the diagonally opposite service court. This alternating of court sides for serving continues throughout the game.

In doubles both partners serve before side loses service *except on the first service of the game*, in which case only one partner is allowed to serve and he

continues serving until a service is lost. In ensuing play each partner retains the service as long as he continues to win points before passing the service on to his partner. When the service is lost, partners stay on their respective sides as they are at the time, regardless of where they were when the game began.

(5) In Doubles, the first serve in every inning is made by the player in the right hand court. In singles, only the first service of the game must be made from the right hand court. Thereafter, the player making the service delivers it from either the right hand or left hand court, depending on the score. If it is 0 or an even number he serves from the right side; if odd or uneven he serves from the left.

(6) If the service is good, play continues until the bird falls to the floor outside the court dimensions or touches the floor inside the court.

(7) *Wood shots and carries*—Wood shots (when bird is struck by wood part of racket) are permissible, but distinct hits must be made and "racket" hitting bird twice or if "slung" or "carried" are called "carries" and constitute faults.

(8) **REMEMBER**, in badminton unlike tennis, you only make points while you are serving. When your opponent is serving, your object is to win the serve from him so that you can serve and score.

For all other information and for summary in complete detail on official rules, refer to Rules Section.

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Equipment

EQUIPMENT

Badminton is not an expensive sport. In purchasing equipment, we strongly recommend you buy the best you can afford and, take care of it properly. This will prove more economical in the long run.

RACKETS

A good racket should last from one to three years, depending, of course, on how much it is used and how well it is cared for. In choosing a racket the player should select one that is easy to handle and one that has a comfortable grip. It is especially important that a racket not be too heavy in the head, because much less effort is required to get speed and length on a shot with a "light head" racket, and you will find it is easier to use your wrist effectively. It is the "SNAP OF THE WRIST AT THE MOMENT OF IMPACT" that determines the momentum of the shuttlecock.

The racket should be kept in a press and covered with a waterproof racket cover to protect it from excessive heat or moisture. Repair string breakage immediately to prevent frame from warping.

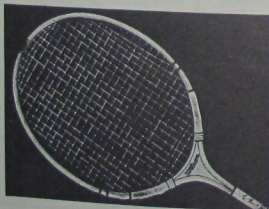
SHUTTLECOCKS

WILSON SHUTTLECOCKS or "BIRDS," are packed in a humidifier or "Humydrole" container quite similar to those used in protecting fine cigars. This keeps the birds in proper condition. If they become dry or brittle the feathers are liable to break, so you should remember to keep the birds—when not in use—in this container and store them in a cool place. Be sure to remember to smooth out feathers that are creased or bent after play. This will help the playability of the bird and improve its flight.

COURT

Badminton requires very little space. A court may be set up in the corner of a gym or a back yard. The court for the game of badminton should have a high ceiling. The ideal height is 40 feet in the center, tapering to 30 feet at the base lines, but a ceiling as low as 15 feet can be used. (For further information on Court dimensions see Rules Section.) The floor should be dark in color with white lines 1½ inches wide, but light color flooring may be used if marked with black lines.

Half The Game Is In The Frame

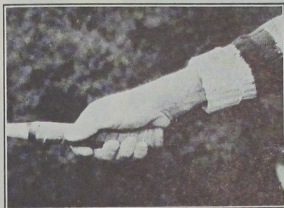


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Badminton Technique

GRIPS—FOREHAND

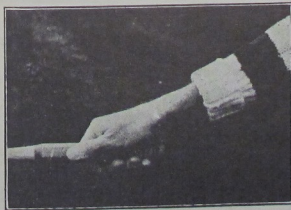
Grip the racket as though you were "shaking hands" with it. Hold racket loosely with most of the pressure on thumb and first finger. The little finger fits snugly close to the butt end of the racket. This is known as the "SHAKE HANDS" grip.



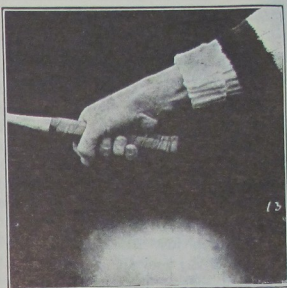
Forehand Grip

BACKHAND

The backhand grip is obtained by turning the hand a quarter of a turn to the left, (for right hand players) after you first obtain the forehand grip, with the thumb placed along the back of the handle to give MORE SNAP to the wrist. A player with an unusually strong wrist may be able to play badminton with the forehand grip exclusively, but for the average player it is important to change the grip when playing backhand shots.



Backhand Grip



Wrong Grip

Many beginners have a tendency to hold the racket in this manner. This is a grip YOU SHOULD NEVER USE.

STROKE PRODUCTION IMPORTANCE OF WRIST ACTION

Wrist action cannot be over-emphasized in badminton. There are three great advantages to good wrist action; it greatly increases power . . . it is essential for accuracy and control, and as a means of deception.

In order to get the proper "wrist action" it is necessary to keep the wrist cocked back until the moment of impact—then, SNAP THE WRIST through, throwing the racket head into the bird. Practice wrist action continually even at times when it is not possible to actually play badminton. Take advantage of the many opportunities you have between games to perfect wrist action. Many famous players have learned to get maximum power and strengthen their wrists by practicing and volleying with a shuttle against a wall or practice board.

Remember,—it is the "SNAP OF THE WRIST AT THE MOMENT OF IMPACT" that determines the momentum of the bird.

THE SERVE

On the serve the bird must be struck from below the waist. It is best to serve with the "forehand" grip. Since points may be scored only when one is serving it is important to have a good service. It may be a **CLEAR**—which means hitting the bird high and deep into the court—a **DRIVE** type of service or, it may be a short, low drop service which just clears the net so that it falls low into opponent's court. It is important to have a variety of services. Do not allow your opponent to become "set" for any one type of service because, however good that particular service may be, it will lose its value with repetition and may be dealt with effectively, and your opponent will be able to anticipate the stroke, thus becoming set for the expected delivery.



Serve



Forehand Drive

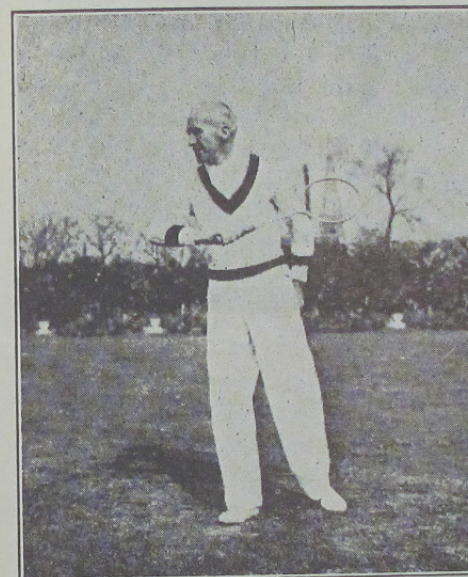
FOREHAND DRIVE

Stand facing the net—advance right foot which should carry most of the weight. Keep left foot on the ground. Keep the face of the racket open . . . start the back swing by bending the wrist backwards, but do not swing the arm back. The racket meets the "bird" at about the level of the hips and after the movement of impact, the swing continues with a full follow through.

To hit the bird to the back of the court and close to the back line, time the shot so that the racket head will meet the bird well in front of the body. When hitting across the court you should hit a little in front of the right foot. When hitting down the line bring your arm forward, but delay the **SNAP OF THE WRIST** until the very last moment—the bird thus tends to follow the side line.

BACKHAND DRIVE

In making the "backhand" stroke you should turn your body at right angles to the net with your right foot forward carrying most of the weight. Your elbow should be bent forward and pointing toward the net with your wrist cocked well back. At the moment of impact straighten the arm and let the head of the racket follow the flight of the shuttle.



Backhand Drive

THE FOREHAND CLEAR

The "forehand clear" or "lob" should be hit well above your head in an upward and forward trajectory. It must be hit high, falling in the vicinity of opponent's base line. However, unless the **CLEAR** is executed perfectly and you get the right height and length, you will find it is often within the reach of your opponent and might be easily intercepted.

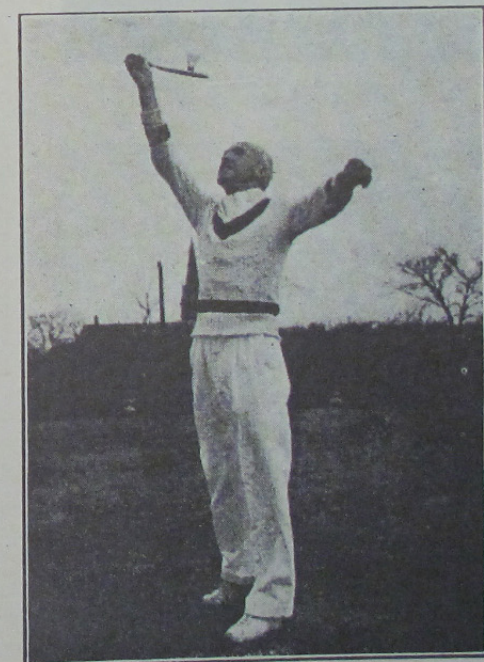
THE OVERHEAD

FOREHAND CLEAR

The overhead forehand clear is played with the left foot and shoulder turned toward the net, your weight leaning back on the right foot. As the weight is transferred forward onto the left foot the arm straightens and the bird is hit at arm's length at a point above and a little in front of the right shoulder. At the moment of impact **SNAP THE WRIST** throwing the head of the racket well forward which will give you both direction and length.

Don't wait until the bird almost drops on top of you, but go to meet it and hit it upward and as far away from you as you are able to reach.

This stroke has many advantages as it can be used for attack and also for a safe defense.



Overhead Forehand Clear

THE BACKHAND CLEAR

The backhand overhead clear is the most difficult stroke to execute in badminton, as it requires very accurate timing and perfect wrist action. Turn sideways to the net with your weight on the right foot and shoulder facing the net, hitting the bird high in the air and a little in front of the right shoulder as in the "forehand clear." The wrist should be snapped completely at the moment of impact.



Backhand Clear (Start)



Backhand Clear (Finish)

THE DROP-SHOT

The drop-shot as its name implies is a delicate stroke taken at the highest point of your reach and hit in a downward action so that the bird drops steeply—almost vertically—into opponent's court, falling as close to the net as possible. The "drop" used in conjunction with the Clear or Smash causes surprise and will keep your opponent constantly on the run.

The drop-shot calls for a delicate rather than a powerful stroke. Only the forward part of the wrist action should be used and the arm should be kept stationary at the finish of the stroke.

Do not allow the arm to follow through and drop after contact with the bird. This also applies to the backhand drop-shot.

Remember, the drop shot should not be used too frequently, otherwise your opponent will become ready to return it and the stroke will lose its effectiveness.

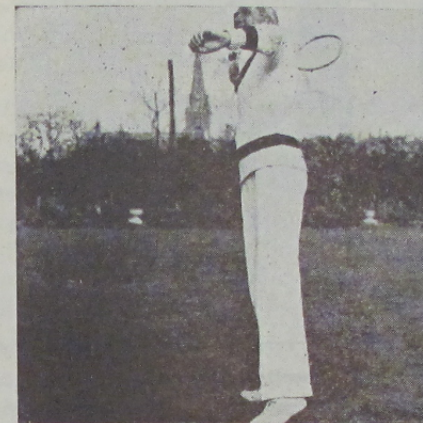


Drop-Shot

SMASH

The smash is the major "invasion" in badminton. However, it should be used discriminately, because it is also the most tiring. It is an excellent shot to use when it is possible to win the point outright, or place the opponent in a position where he is forced into a weak return. The racket meets the

bird slightly in front of the body at about arm's length above the head. At the start of the stroke the elbow is bent and the head of the racket is behind the shoulder. As the racket meets the bird, your weight should be leaning forward on the left foot. Full wrist action is used and the "follow through" should carry right through past the left knee.



The Start



Back View of the Start



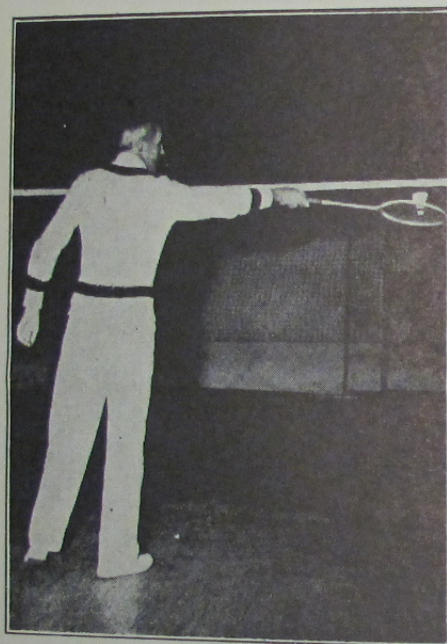
Top of Stroke



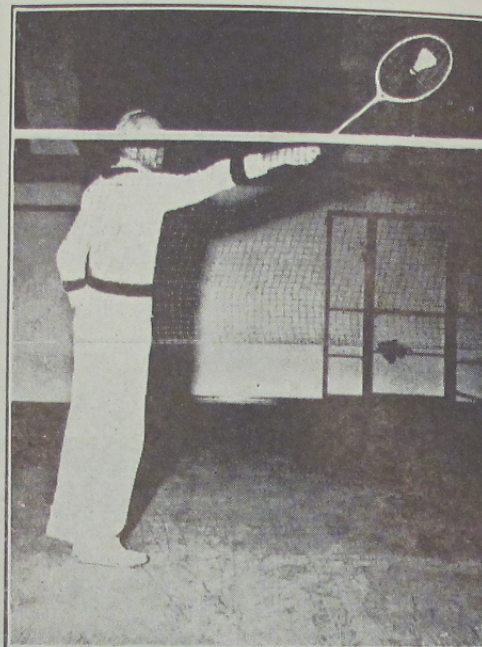
The Finish

NET SHOTS

"Net Shots" should be executed as near the top of the net as possible with arm fully extended, wrist well up, slightly higher than the head of the racket. There is no arm action or follow through necessary in making this stroke. The bird is hit with a slight stroking movement, the object being to return it just vertically over the net or across the net at an angle.



Forehand Drop Shot



Backhand Drop-Shot

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Common Errors and A Few Don'ts

PUSHING—The bird should always be hit briskly with a **SNAP OF THE WRIST**. If you do not use proper wrist action, the result will be a very common fault called "the push." Although it entails no penalty, the stroke will have no snap and consequently will put the player in a very undesirable position, because a "push shot" which clears the net is usually very easy to return.

IMPROPER POSITION—It is very important that you do not be too close to a shot or too far away from it. In either case you are at a definite disadvantage and will often miss.

INCORRECT BACK SWING—A back swing is often executed incorrectly by dragging the racket back with the arm. The racket head should always lead the arm. The impetus is the result of wrist action rather than arm action.

COMMON ERRORS AND A FEW DON'TS

WRONG FOLLOW THROUGH—It is important that "follow through" be studied carefully and that the racket should follow the shot all through to a full, smooth, natural swing. If the follow-through is not properly executed, the shot, both in speed and direction, will often be faulty.

POSITION OF RACKET—DON'T let the racket hang loosely down at your side . . . keep the racket head well up ready to meet any sort of shot.

STANCE—When waiting for a delivery from your opponent DON'T stand squarely to the net with your body weight evenly distributed — always stand slightly at right angles to the net with your weight leaning forward on your left foot which should be a little ahead of your right foot.

FOOTWORK — The best method of moving about court and retaining balance is to take a number of well balanced short steps. Never try to cover the court by a series of long strides as this would handicap you in making a quick change of direction.

WRONG CHOICE OF SHOTS—When out of position do not attempt to speed up the game; instead, slow the tempo of the game down when you are on the defensive, as this will give you time to regain a more advantageous court position.

DON'T return the shuttle to your opponent by hitting it along the floor as this tends to break the feathers. Rather pick it up with the head of your racket and hit it to your opponent.

DON'T hold the shuttle by the feathers —always hold it at the base.

DON'T wait to see the effect of your shot but return immediately to the proper position in your own court to await your opponent's return.

DON'T clown or loaf on the court—be ready at all times to move in any direction.

DON'T fail to always keep your eye on the bird and watch it all the time from the moment it leaves your opponent's racket to the moment you hit it.

THE LAWS OF BADMINTON

1. (a) **COURT**—The court shall be laid out as Diagram A, page 16 (except in the case provided for in paragraph "b" of this Law) and to the measurements there shown and shall be defined by white, black or other easily distinguishable lines, 1½ inches wide.

In marking the court, the width (1½ inches) of the center lines shall be equally divided between the right and left service-courts; the width (1½ inches each) of the short service line and the long service line shall fall within the 13 foot measurement given as the length of the service-court; and the width (1½ inches each) of all other boundary lines shall fall within the measurements given.

(b) Where space does not permit of the marking out of a court for doubles, a court may be marked out for singles only as shown in Diagram "B" (Page 70). The back boundary lines become also the long service lines, and the posts, or the strips of material representing them as referred to in Law 2, shall be placed on the side lines.

2. **POSTS**—The posts shall be 5 feet 1 inch in height from the floor. They shall be sufficiently firm to keep the net strained as provided in Law 3, and shall be placed on the side boundary lines of the court. Where this is not practicable, some method must be employed for indicating the position of the side boundary line where it passes under the net, e.g., by the use of a thin post or strip of material, not less

than 1½ inches in width, fixed to the side boundary line and rising vertically to the net cord. Where this is in use on a court marked for doubles it shall be placed on the side boundary line of the doubles court irrespective of whether singles or doubles are being played.

3. NET—The net shall be made of fine tanned cord of ¾ inch mesh. It shall be firmly stretched from post to post, and shall be 2 feet 6 inches in depth. The top of the net shall be 5 feet in height from the floor at the center, and 5 feet 1 inch at the posts, and shall be edged with a 3 inch white tape doubled and supported by a cord or cable run through the tape and strained over and flush with the top of the posts.

4. SHUTTLE—A shuttle shall weigh from 73 to 85 grains, and shall have from 14 to 16 feathers fixed in a cork, 1 inch to 1½ inches in diameter. The feathers shall be from 2½ to 2¾ inches in length from the tip to the top of the cork base. They shall have from 2½ to 2½ inches spread at the top and shall be firmly fastened with thread or other suitable material.

In places where atmospheric conditions, due either to altitude or climate, make the standard shuttle unsuitable, the specifications in this Law may be modified subject to the approval of the National Organization concerned. A shuttle shall be deemed to be of correct pace if, when a player of average strength strikes it with a full underhand stroke from a spot immediately above one back boundary line in a line parallel to the side lines, and at an upward angle, it falls not less than 1 foot, and not more than 2 feet 6 inches, short of the other back boundary line.

5. (a) PLAYERS—The word "Player" applies to all those taking part in a game.

(b) The game shall be played, in the case of the doubles game, by two players a side, and in the case of the singles game, by one player a side.

(c) The side for the time being having the right to serve shall be called the "In" side, and the opposing side shall be called the "Out" side.

6. TOSS—Before commencing play the opposing sides shall toss, and the side winning the toss shall have the option of:—

(a) Serving first; or (b) Not serving first; (c) Choosing Ends. The side losing the toss shall then have choice of any alternative remaining.

7. (a) SCORING—The doubles and men's singles game consists of 15 or 21 points, as may be arranged. Provided that in a game of 15 points, when the score is 13 all, the side which first reached 13 has the option of "setting" the game to 5, and that when the score is 14 all, the side which first reached 14 has the option of "setting" the game to 3. After a game has been "set" the score is called "love all," and the side which first scores 5 or 3 points, according as the game has been "set" at 13 or 14 all, wins the game. In either case the claim to "set" the game must be made before the next service is delivered after the score has reached 13 all or 14 all. Provided also that in a game of 21 points the same method of scoring be adopted, substituting 19 and 20 for 13 and 14.

(b) The ladies' single game consists of 11 points. Provided that when the score is "9 all" the player who first reached 9 has the option of "setting" the game to 3, and when the score is "10 all" the player who first reached 10 has the option of "setting" the game to 2.

(c) A side rejecting the option of "setting" at the first opportunity shall

not be thereby debarred from "setting" if a second opportunity arises.

(d) In handicap games "setting" is not permitted.

8. The opposing sides shall contest the best of 3 games, unless otherwise agreed. The players shall change ends at the commencement of the second game and also of the third game (if any). In the third game the players shall change ends when the leading score reaches—

(a) 8 in a game of 15 points;
(b) 6 in a game of 11 points;
(c) 11 in a game of 21 points;

or, in handicap events, when one of the sides has scored half the total number of points required to win the game (the next highest number being taken in case of fractions). When it has been agreed to play only one game the players shall change ends as provided above for the third game.

If, inadvertently, the players omit to change ends as provided in this Law at the score indicated, the ends shall be changed immediately the mistake is discovered, and the existing score shall stand.

9. (a) DOUBLES PLAY—It having been decided which side is to have the first service, the player in the right-hand service-court of that side commences the game by serving to the player in the service-court diagonally opposite. If the latter player returns the shuttle before it touches the ground, it is to be returned by one of the "in" side, and then returned by one of the "out" side, and so on, till a fault is made or the shuttle ceases to be "in play" (see paragraph (b)). If a fault is made by the "in" side, the servers' hand is out, and as the side beginning a game has only one hand in its first innings (see Law 11), the player of the opposing side in the right-hand service-court now becomes the server; but if the service is not returned, or the fault is made by the "out" side, the "in" side scores a point. The "in"

side players then change from one service-court to the other, the service now being from the left-hand service-court to the player in the service-court diagonally opposite. So long as a side remains "in," service is delivered alternately from each service-court into the one diagonally opposite, the change being made by the "in" side when, and only when, a point is added to its score.

(b) The first service of a side in each inning shall be made from the right-hand service-court. A "Service" is delivered as soon as the shuttle is struck by the server's racket. The shuttle is thereafter "in play" until it touches the ground, or until a fault or "let" occurs. After the service is delivered, the server and the player served to may take up any positions they choose on their side of the net, irrespective of any boundary lines.

10. The player served to may alone receive the service, but should the shuttle touch, or be struck by, his partner the "In" side scores a point. No player may receive two consecutive services in the same game.

11. The side beginning a game has only one hand in its first innings. In all subsequent innings each partner on each side has a hand, the partners serving consecutively. The side winning a game shall always serve first in the next game, but either of the winners may serve and either of the losers may receive the service.

12. If a player serves out of turn, or from the wrong service-court (owing to a mistake as to the service-court from which service is at the time being in order), and his side wins the rally, it shall be a "Let", provided that such "Let" be claimed or allowed before the next succeeding service is delivered. If a player standing in the wrong service-court takes the service, and his side wins the rally, it shall be a "Let" provided that such "Let" be claimed or allowed before the next succeeding service is delivered.

LAWS OF BADMINTON

Should a player inadvertently change sides when he should not do so and the mistake not be discovered until after the next succeeding service has been delivered, the mistake shall stand. Players shall continue in their changed positions and a "let" cannot be claimed or allowed.

13. SINGLES PLAY—In singles Laws 9 to 12 hold good except that:—

(a) The players shall serve from and receive service in their respective right-hand service-courts only when the servers score is 0, or when he has scored an even number of points in the game, the service being delivered from and received in their respective left-hand service-courts when the server has scored an odd number of points.

(b) Both players shall change service-courts after each point has been scored.

14. FAULTS—A fault made by a player of the side which is "in", puts the server out; if made by a player whose side is "out", it counts a point to the "In" side.

It is a fault:—

(a) If in serving, the shuttle at the instant of being struck be higher than the server's waist, or if any part of the head of the racket, at the instant of striking the shuttle, be higher than any part of the server's hand holding the racket.

(b) If, in serving, the shuttle falls into the wrong service-court, (i.e., into the one not diagonally opposite to the server), or falls short of the short service line, or beyond the long service line, or outside the side boundary lines of the service-court into which service is in order.

(c) If the server's feet are not in the service-court from which service is at the time being in order, or if the feet of the player receiving the service are not in the service-court diagonally opposite until the service is delivered. (See Law 16).

(d) If before or during the delivery

of the service any player makes preliminary feints or otherwise intentionally balks his opponent.

(e) If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player. (A shuttle falling on a line shall be deemed to have fallen in the court or service-court of which such line is a boundary).

(f) If the shuttle "in play" be struck before it crosses to the striker's side of the net. (The striker, may, however, follow the shuttle over the net with his racket in the course of his stroke).

(g) If, when the shuttle is "in play", a player touches the net or its supports with racket, person or dress.

(h) If the shuttle be hit twice in succession by the same player, or be hit by a player and his partner successively, or if the shuttle be not distinctly hit (See Interpretation 2).

(i) If in play a player strikes the shuttle (unless he thereby makes a good return), or is struck by it, whether he is standing within or outside the boundaries of the court.

(j) If a player obstructs an opponent.

(k) If Law 16 be transgressed.

15. GENERAL—The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service be attempted.

16. The server and the player served to must stand within the limits of their respective service-courts (as bounded by the short and long service, the central, and side lines), and some part of both feet of these players must remain in contact with the ground in a stationary position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service-court. (See Law 14 (c))

LAWS OF BADMINTON

The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent.

17. If, in service, the shuttle touches the net it is a "Let", provided the service be otherwise good. If in the course of a rally the shuttle touches and passes over the net it does not invalidate the stroke. It is a good return if the shuttle having passed outside either post drop or within the boundary lines of the opposite court. A "Let" may be given by the umpire for any unforeseen or accidental hindrance.

If, in service, the shuttle strikes the top of the net, and is then struck or touched by the player served to, it is assumed that the shuttle would have fallen into the proper service-court, and it is a "Let".

If, in service, or during a rally, a shuttle *after passing over the net*, is caught in or on the net, it is a "Let." When a "Let" occurs, the play since the last service shall not count and the player who served shall serve again.

18. If the server, in attempting to serve, misses the shuttle, it is not a fault; but if the shuttle be touched by the racket, a service is thereby delivered.

19. If, when in play, the shuttle strikes the net and remains suspended there, or strikes the net and falls towards the ground on the striker's side of the net, or hits the ground outside the court and an opponent then touches the net or shuttle with his racket or person, there is no penalty, as the shuttle is not *then* in play.

20. If a player has a chance of striking the shuttle in a downward direction when quite near the net, his opponent must not put up his racket near the net on the chance of the shuttle rebounding from it. This is obstruction within the meaning of Law 14(j). A player may, however, hold up his

racket to protect his face from being hit if he does not thereby balk his opponent.

21. It shall be the duty of the umpire to call "fault" or "let" should either occur, without appeal being made by the players, and to give his decision on any appeal regarding a point in dispute, if made before the next service; and also to appoint linesmen at his discretion. An umpire's decision shall be final, but he shall uphold the decision of a linesman. Where, however, a referee is appointed, an appeal shall lie to him from the decision of an umpire on question of law only.

INTERPRETATIONS

1. Any movement or action by the server that has the effect of breaking the continuity of service after the server and receiver have taken their positions to serve and to receive the service is a preliminary feint. (See Law 14(d).)

2. It is a fault under Law 14(h):—
(a) If the shuttle be held on the racket during the execution of a stroke, i.e., if it be caught and slung instead of being distinctly hit, or
(b) If the shuttle be hit twice during the execution of a stroke.

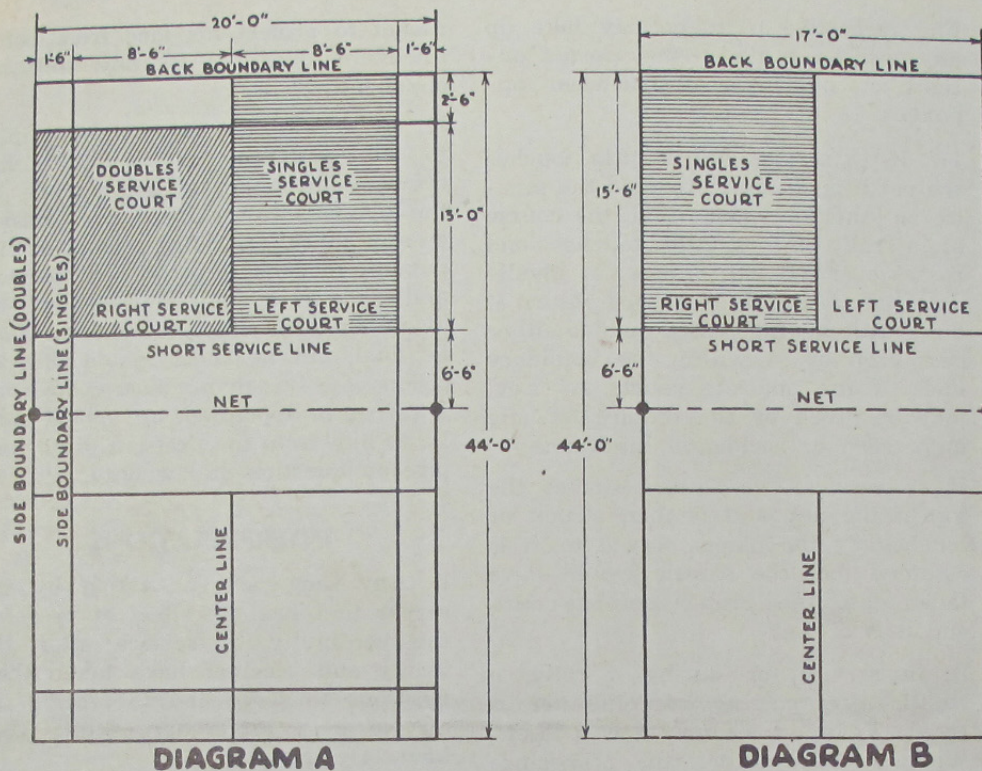
(c) If the base and feathers of the shuttle be struck simultaneously.

(d) If the shuttle be struck by any part of the frame of the racket.

3. It is obstruction if a player invade an opponent's court with racket or person in any degree except as permitted in Law 14(f). (See Law 14(j).)

4. Where necessary on account of the structure of a building, the local Badminton Authority may, subject to the right of veto of its National Organization, make by-laws dealing with cases in which a shuttle touches an obstruction.

The Badminton Singles and Doubles Courts



FOR THE FINEST IN
BADMINTON EQUIPMENT

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